

# Meet Your Personal Trainers

## Beth Chamberlain



Beth is constantly researching, reading and attending conferences to learn new trends and exercises, as well as to stay up to date in fitness information. Her goal is to motivate and inspire people of all fitness levels, abilities and ages. Certifications include Personal Trainer, Group Fitness Instructor - FiTOUR, Aqua Instructor - FiTOUR. Specialty Certifications / Certificates include Resist-A-Ball, Keiser M3 Indoor Cycling, IYCA - Youth Fitness Specialist - Level I and TRX Suspension Training.

## Laurie O'Connor



I am a new mom and understand the challenge to find time to exercise. Trust me, there are many things each of us can do in a small amount of time. The benefits of exercise not only make you stronger, fitter and confident but the endorphins released make you feel great! It's a win-win in every category! I have been a personal trainer accredited through National Academy of Sports Medicine since 2006. I am also a certified Spin and Body Pump instructor.

## Monica Fernandi



Monica started at the WARF primarily as a yoga instructor and is now thrilled to have added, Water Aerobics, Aqua Zumba, Zumba Gold, Zumba Basics, Cycle, Pilates basics, TRX and Body Pump. Monica has been able to assist all ages and back grounds, with successful weight loss, inch decreasing and yet kind, compassionate steps to bring out the potential in each client based on their needs and goals. With 3 children, a husband and a job (or two!) Monica understands the importance of time management and it is with her clients that you can find her giving the lesson of "just do it," "you only live once people" or simply... "just breathe!"

## Patti Bounds



Certified Personal Trainer, Certified Functional Training Specialist, Resist-a ball Certified Instructor, Certified Spin Cycling, Certified Group MC Cycling, and Yoga Fit. Patti believes fitness should be apart of everyone's daily life - from exercising to eating right. She enjoys helping people workout, and has succeeded when it becomes a part of their life. Favorites to teach are strength training, core, and cardio intervals. HITT (High Intensity Interval Training) is a method she has used for many years.

## Cindy Griffin



Cindy's approach to exercise is integrated programming based on the latest research and methods, emphasizing proper movement patterns, core strengthening, improving muscle balance and relieving pain. Cindy welcomes the opportunity to work with you to build an efficient workout program, modify your eating habits and teach you new ways to self-manage your well being. Specializing in Relieving Back Pain, Sport Specific Programs, Strength Training, Therapeutic Exercise and Weight Loss Programs. ACE Certified Personal Trainer since 1998, Stott Pilates Certified Instructor for all levels, Mat, Reformer, and Special Populations since 2000, Indoor Cycling Instructor and Sport Nutrition Consultant.

## Kristin Handwerger



Kristin has a MS and BS in Exercise Science and has been working in the health and fitness industry since 1987. She has worked with all ages and all populations from hospital based rehabilitation to athletes. She is a Certified Personal Trainer, Pilates Instructor, Certified Pilates for Golf Instructor, Certified in Pilates with Resist-A-Ball, Certified Functional Training Specialist, Certified to teach group M3 Cycling, Certified to teach Spin Cycling, Certified in TRX Suspension Training, Certified in Aquacize, and Certified in BLS/AED and First Aid with the American Red Cross.

## Beth Miller Howser



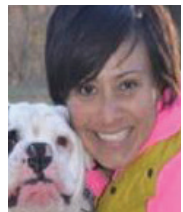
Beth Miller Howser has been working in the fitness industry since the mid 1990's. She has since done personal training and become certified in Mad Dogg Spinning, Les Mills Body Vive, Body Pump and Body Flow and most recently TRX. She looks forward to working with clients to create challenging yet achievable workouts that play to their strengths. Whatever the age or fitness level, Beth is ready to work with you to make sure that you find ways to incorporate fitness and health into your life goals!

## Donna Comer



Having worked in the fitness industry for over 12 years, Donna is happy, capable and well qualified to help clients develop effective yet safe and reasonable exercise habits. She holds group exercise certifications in several formats, to include Bodypump, step, cycle, and aqua. Donna's true love is group exercise, however, she recently obtained her Fit-tour personal training certification. She is a huge advocate for cross training - believing that variety in one's exercise regimen helps keep injuries, boredom and complacency at bay!

## Kelli Robinson



Kelli Robinson has over 20 years experience with personal fitness and has recently turned it into a career. Using all different types of training modalities and styles, she takes a well-rounded approach that focuses on how you move your body in everyday life, and will teach you how to build a sound foundation that includes the elements of balance, coordination, flexibility and strength. An avid cook with an interest in local, sustainable foods, she would be happy to share healthy recipes and ways you can incorporate healthy and delicious foods into your busy, active life.

## Mindi Cupka



Mindi is committed to helping her clients achieve a balanced lifestyle that encompasses all aspects of health & fitness. As a personal trainer, her main goal is to create a training environment that not only motivates clients, but also empowers them both mentally and physically to continually challenge themselves to reach new heights. She strongly believes that through exercise and proper diet, anyone can enhance their quality of life and gain confidence they've never felt before...regardless of age and prior experience! While constantly applying new methods of training, and separating the "fads from facts", Mindi will formulate specific routines to help you attain your personal goals.